

Accountability is often misunderstood as simply "getting in trouble" or "facing consequences." But true accountability is much more powerful and meaningful.

**Real accountability means:**

- Honestly acknowledging your actions and their impact
- Taking responsibility without excuses or blame-shifting
- Making things right when possible
- Learning and growing from the experience
- Changing future behavior based on what you've learned

This worksheet will help you understand what real accountability looks like and how it differs from just punishment or "getting caught."

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**ACTIVITY 1: ACCOUNTABILITY VS. PUNISHMENT**

**Instructions:** Let's explore the differences between punishment and true accountability.

<b>PUNISHMENT</b>	<b>ACCOUNTABILITY</b>
Focused on the past	Focused on the past, present, AND future
Imposed by others	Can be chosen by yourself
Often creates resentment	Can lead to growth and learning
Emphasizes shame/pain	Emphasizes responsibility and repair
Ends after "paying the price"	Continues as an ongoing process
May not address the harm done	Directly addresses harm and needs

**Think about a time you experienced punishment versus a time you experienced true accountability:**

**PUNISHMENT EXPERIENCE:**

What happened: \_\_\_\_\_ How I felt: \_\_\_\_\_ What I learned: \_\_\_\_\_ How it affected my future behavior: \_\_\_\_\_

**ACCOUNTABILITY EXPERIENCE:**

What happened: \_\_\_\_\_ How I felt: \_\_\_\_\_ What I learned: \_\_\_\_\_ How it affected my future behavior: \_\_\_\_\_

**What differences do you notice between these experiences?**

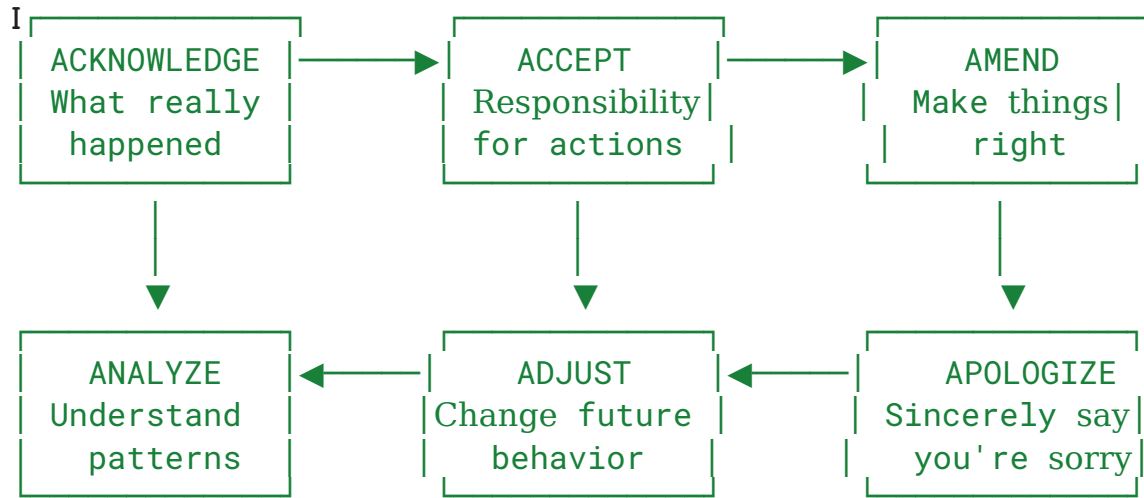
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### ACTIVITY 2: THE ACCOUNTABILITY PATHWAY

**Instructions:** True accountability follows a path. Each step is important for growth and repair.



**For a situation where you need to practice accountability, describe how you could apply each step:**

**ACKNOWLEDGE:**

Honestly naming what happened (without minimizing):

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**ACCEPT:**

Taking responsibility (without excuses):

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**APOLOGIZE:**

Expressing sincere regret for the impact:

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**AMEND:**

Actions to repair the harm caused:

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**ADJUST:**

Changes to prevent similar situations:

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**ANALYZE:**

Understanding the deeper patterns/reasons:

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**ACTIVITY 3: BARRIERS TO ACCOUNTABILITY**

**Instructions:** Check which barriers make accountability difficult for you:

- Fear of punishment or consequences
- Shame or embarrassment about mistakes
- Wanting to protect my image or reputation
- Not wanting to disappoint others
- Fear that I'll be rejected if I admit fault
- Belief that it wasn't "that big a deal"
- Feeling that others are partly to blame
- Not knowing how to make amends
- Discomfort with difficult conversations
- Not wanting to seem weak
- Difficulty identifying or expressing feelings
- Other:

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**My biggest barriers to accountability are:**

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**How I might overcome these barriers:**

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## ACTIVITY 4: ACCOUNTABILITY LANGUAGE

**Instructions:** The words we use matter. Practice shifting from non-accountable language to accountable language.

**INSTEAD OF: "It wasn't my fault because..."**

TRY: "I am responsible for \_\_\_\_\_"

**INSTEAD OF: "They made me do it by..."**

TRY: "I chose to \_\_\_\_\_ when \_\_\_\_\_"

**INSTEAD OF: "I couldn't help it because..."**

TRY: "I did \_\_\_\_\_ and next time I can \_\_\_\_\_"

**INSTEAD OF: "It's not a big deal..."**

TRY: "My actions affected \_\_\_\_\_ by \_\_\_\_\_"

**INSTEAD OF: "I already said I was sorry, so..."**

TRY: "To make this right, I will \_\_\_\_\_"

**INSTEAD OF: "Everyone else was doing it too..."**

TRY: "Regardless of others, I am accountable for \_\_\_\_\_"

**Create your own examples:** Non-accountable statement: \_\_\_\_\_  
Accountable alternative: \_\_\_\_\_

Non-accountable statement: \_\_\_\_\_ Accountable alternative:  
\_\_\_\_\_

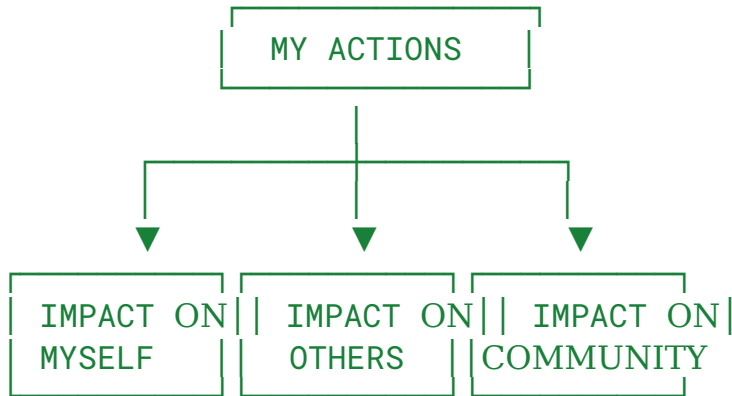
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## ACTIVITY 5: THE RIPPLE EFFECT OF OUR ACTIONS

**Instructions:** Our actions affect others in ways we might not realize. Think about a specific situation and map out its impacts.

**Situation:** \_\_\_\_\_

I



**IMPACT ON MYSELF:**

- Immediate effects: \_\_\_\_\_
- Long-term effects: \_\_\_\_\_
- Emotions I experienced: \_\_\_\_\_
- Consequences I faced: \_\_\_\_\_

**IMPACT ON OTHERS:**

- Who was affected: \_\_\_\_\_
- How they were affected: \_\_\_\_\_
- Emotions they might have felt: \_\_\_\_\_
- Changes in their behavior/trust: \_\_\_\_\_

**IMPACT ON COMMUNITY/GROUP:**

- Broader effects: \_\_\_\_\_
- Trust or safety issues: \_\_\_\_\_
- Rules or expectations changed: \_\_\_\_\_
- Example set for others: \_\_\_\_\_

**Understanding these impacts helps me:**

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**ACTIVITY 6: ACCOUNTABILITY IN RELATIONSHIPS**

**Instructions:** Accountability is crucial for healthy relationships. Reflect on how it shows up in different relationships.

**FRIENDSHIPS:**

What does accountability look like in healthy friendships?

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How can I be more accountable as a friend?

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**FAMILY:**

What does accountability look like in family relationships?

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How can I be more accountable at home?

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**SCHOOL/WORK:**

What does accountability look like in school or work?

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How can I be more accountable in these settings?

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**ROMANTIC RELATIONSHIPS:**

What does accountability look like in dating/romantic relationships?

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How can I be more accountable as a partner?

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## ACTIVITY 7: WHEN OTHERS WON'T BE ACCOUNTABLE

**Instructions:** Sometimes others harm us but won't take responsibility. Reflect on how to handle these situations.

**When someone has hurt me but won't be accountable, I can:**

Set clear boundaries to protect myself  Express how their actions affected me (when safe)  Focus on my own healing rather than changing them  Seek support from trusted others  Recognize it's not my job to force their accountability  Consider whether the relationship can continue safely  Practice self-care during the difficult emotions  Other: \_\_\_\_\_

**A specific situation where I need to apply this:**

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**My plan for handling it:**

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## ACTIVITY 8: ACCOUNTABILITY AS STRENGTH

**Instructions:** Many people view accountability as weakness, but it's actually a sign of strength and maturity.

**HOW ACCOUNTABILITY SHOWS STRENGTH:**

Check the statements you agree with:

It takes courage to admit mistakes and face consequences  Being accountable shows you're secure enough to be honest  Taking responsibility demonstrates leadership  Accountability builds trust and respect from others  Being accountable gives you power to change and grow  Accountable people are seen as more trustworthy and mature  Accountability shows integrity and strong character  Other: \_\_\_\_\_

**Someone I admire for their accountability:**

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**What I admire about how they take responsibility:**

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## ACTIVITY 9: PRACTICING ACCOUNTABILITY

**Instructions:** Choose a situation where you need to practice accountability and create an action plan.

**THE SITUATION:**

**WHO WAS AFFECTED:**

**MY RESPONSIBILITY IN THIS SITUATION:**

**MY ACCOUNTABILITY ACTION PLAN:**

**Step 1:** How I will acknowledge what happened

**Step 2:** How I will take responsibility (what I'll say/do)

**Step 3:** How I will apologize effectively

**Step 4:** How I will make amends or repair harm

**Step 5:** How I will change my behavior going forward

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**Possible challenges in this process:**

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**How I'll handle these challenges:**

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## **ACTIVITY 10: ACCOUNTABILITY AS A LIFE PRACTICE**

**Instructions:** Accountability isn't just for mistakes—it's a daily practice for growth and integrity.

### **DAILY ACCOUNTABILITY PRACTICES:**

Check practices you want to develop:

Regularly reflecting on my actions and their impact  Asking for feedback from people I trust  Acknowledging both successes and areas for growth  Being honest with myself about my motives and choices  Taking responsibility for my part in conflicts  Following through on commitments I make  Admitting when I don't know something  Being open to learning and changing my mind  Noticing patterns in my behavior  Setting personal standards beyond what others expect  Other: \_\_\_\_\_

### **Three accountability practices I'll start this week:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

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### **REFLECTION QUESTIONS:**

1. How has your understanding of accountability changed after completing this worksheet?

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2. What's the most challenging part of accountability for you personally?

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3. How might your relationships improve if you practiced deeper accountability?

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4. How does it feel when others take real accountability with you?

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## MY ACCOUNTABILITY COMMITMENT

I, \_\_\_\_\_, understand that true accountability is about more than just facing consequences. It's about honesty, responsibility, repair, and growth.

I commit to practicing accountability by:

- Acknowledging my actions and their impacts
- Taking responsibility without excuses
- Making sincere apologies when needed
- Making amends for harm I've caused
- Learning and growing from my experiences
- Changing my behavior based on what I learn

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

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## REMEMBER:

"Accountability is the acknowledgment of responsibility for your actions, decisions, and products. It is answering for the results—whether good or bad. It cannot be delegated or passed on. You cannot partly be accountable—you either are or you are not." - Joe Tan

**True accountability is a path to greater freedom, not restriction.**

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# When I Judge Others—What Am I Avoiding in Myself?

## Understanding the Connection Between Judgment and Self-Awareness

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### THE JUDGMENT MIRROR

When we judge others harshly, we're often looking into a mirror without realizing it. The things that bother us most about other people can be:

- Qualities we don't want to see in ourselves
- Fears about who we might become
- Parts of ourselves we've been criticized for
- Traits we're insecure about
- Standards we hold ourselves to rigidly

This doesn't mean all judgment is bad—it's a normal human response. But understanding the connection between our judgments and our own hidden feelings can lead to greater self-awareness and compassion.

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### ACTIVITY 1: RECOGNIZING MY JUDGMENT PATTERNS

Think about recent situations where you judged someone else. What specifically bothered you?

**Situation 1:** \_\_\_\_\_ **What I judged about them:** \_\_\_\_\_  
**How I felt when judging them:** \_\_\_\_\_

**Situation 2:** \_\_\_\_\_ **What I judged about them:** \_\_\_\_\_  
**How I felt when judging them:** \_\_\_\_\_

**Situation 3:** \_\_\_\_\_ **What I judged about them:** \_\_\_\_\_ **How I felt when judging them:** \_\_\_\_\_

**Do you notice any patterns in what triggers your judgment?**

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## **ACTIVITY 2: MY JUDGMENT HOT SPOTS**

We all have certain behaviors or traits that we're especially quick to judge in others. Check any that particularly bother you when you see them in other people:

Being selfish or self-centered  Showing weakness or vulnerability  Making mistakes or failing  Being fake or inauthentic  Seeking attention or approval  Being lazy or unmotivated  Acting superior or arrogant  Being too emotional  Being controlled by others  Breaking rules or expectations  Being messy or disorganized  Taking too long to do things  Being overly sensitive  Showing off or bragging  Not trying hard enough  Being too loud or disruptive  Being inconsistent  Changing their mind  Other: \_\_\_\_\_

**Choose 3 items you checked that trigger the strongest judgment:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## **ACTIVITY 3: THE MIRROR REFLECTION**

For each "hot spot" you identified, explore what it might reflect about yourself:

**Judgment 1:** \_\_\_\_\_

**This might connect to my own life in these ways:**

- Have I ever done something similar?  
\_\_\_\_\_
- Was I ever criticized for this?  
\_\_\_\_\_

- Do I worry about being this way?  
\_\_\_\_\_
- Do I hold myself to high standards in this area?  
\_\_\_\_\_
- What would it mean about me if I were this way?  
\_\_\_\_\_

**Judgment 2:** \_\_\_\_\_

**This might connect to my own life in these ways:**

- Have I ever done something similar?  
\_\_\_\_\_
- Was I ever criticized for this?  
\_\_\_\_\_
- Do I worry about being this way?  
\_\_\_\_\_
- Do I hold myself to high standards in this area?  
\_\_\_\_\_
- What would it mean about me if I were this way?  
\_\_\_\_\_

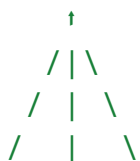
**Judgment 3:** \_\_\_\_\_

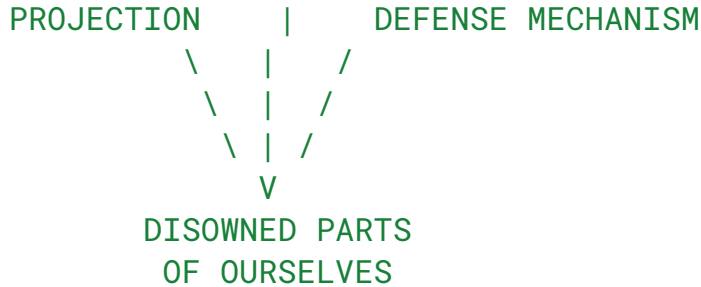
**This might connect to my own life in these ways:**

- Have I ever done something similar?  
\_\_\_\_\_
  - Was I ever criticized for this?  
\_\_\_\_\_
  - Do I worry about being this way?  
\_\_\_\_\_
  - Do I hold myself to high standards in this area?  
\_\_\_\_\_
  - What would it mean about me if I were this way?  
\_\_\_\_\_
- 

## THE JUDGMENT CYCLE

I            JUDGMENT OF OTHERS





**DISOWNED PARTS:** Aspects of ourselves we don't acknowledge or accept  
**PROJECTION:** Seeing these disowned qualities in others instead of ourselves  
**JUDGMENT:** Criticizing these qualities in others **DEFENSE MECHANISM:** This protects us from having to face these qualities in ourselves

**The solution isn't to stop all judgment, but to use judgment as information about ourselves.**

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#### ACTIVITY 4: COMMON JUDGMENT-PROJECTION PATTERNS

Check any patterns that might apply to you:

- I judge others for being selfish, but I don't acknowledge my own needs
- I judge others for showing off, but I don't acknowledge my own desire for recognition
- I judge others for being weak, but I don't acknowledge my own vulnerabilities
- I judge others for being emotional, but I don't acknowledge my own feelings
- I judge others for breaking rules, but I don't acknowledge my own rebellious side
- I judge others for needing help, but I don't acknowledge when I need support
- I judge others for being fake, but I don't acknowledge when I'm not being authentic
- I judge others for seeking approval, but I don't acknowledge my own desire to be liked
- I judge others for being lazy, but I don't acknowledge my own need for rest
- I judge others for making mistakes, but I'm hard on myself when I fail
- Other pattern:

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**What might these patterns reveal about parts of yourself that are harder to accept?**

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#### ACTIVITY 5: JUDGMENT TRIGGERS AND RESPONSES

When you notice yourself judging others, use these questions to understand what's happening:

**Recent judgment:** \_\_\_\_\_

**What was happening right before I started judging?**

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**What emotions was I feeling in that moment?**

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**What was going on in my life at that time?**

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**What might this judgment be protecting me from feeling or facing?**

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**A more compassionate way to see both myself and the other person:**

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## **ACTIVITY 6: FROM JUDGMENT TO CURIOSITY**

Practice shifting from judgment to curiosity with these prompts:

**Instead of "They're so lazy," I could wonder:**

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**Instead of "They're just showing off," I could wonder:**

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**Instead of "They're so needy," I could wonder:**

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**Instead of "They think they're better than everyone," I could wonder:**

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**Instead of "They always make excuses," I could wonder:**

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## ACTIVITY 7: SELF-ACCEPTANCE PRACTICE

When we accept ourselves more fully, we tend to judge others less harshly.

**Parts of myself I find difficult to accept:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**How these parts might actually serve or protect me:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**How I could practice more self-compassion for these parts:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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## ACTIVITY 8: THE JUDGMENT-TO-COMPASSION PATHWAY

For a specific judgment you've had about someone:

**My judgment was:** \_\_\_\_\_

**The deeper truth about myself this might reveal:**

\_\_\_\_\_

**A way I could be kinder to myself about this quality:**

\_\_\_\_\_

**A more understanding perspective on the other person:**

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**What we might have in common:** \_\_\_\_\_

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## **HEALTHY VS. UNHEALTHY JUDGMENT**

<b>UNHEALTHY JUDGMENT</b>	<b>HEALTHY DISCERNMENT</b>
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Harsh and critical	Thoughtful and balanced
About the person's worth	About specific behaviors
Used to feel superior	Used to understand
Rigid and absolute	Flexible and nuanced
Triggers strong emotions	Comes from a calm place
Pushes others away	Maintains connection
Avoids self-reflection	Includes self-awareness

**Which column better describes your typical judgments?** \_\_\_\_\_

**One way I could move toward healthier discernment:** \_\_\_\_\_

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## **REFLECTION QUESTIONS**

1. How might your judgments of others reflect your family's values or expectations?
  2. When you judge others harshly, how does it affect your relationships?
  3. What might change if you viewed your judgments as information about yourself rather than truth about others?
  4. In what situations do you find yourself judging others most frequently?
  5. How might greater self-acceptance change how you see others?
-

## **PUTTING INSIGHT INTO ACTION**

**When I notice myself judging others, I will:**

- Pause and take a deep breath
- Ask myself what this might reveal about me
- Consider what might be happening for the other person
- Practice self-compassion for the parts of myself I see reflected
- Other: \_\_\_\_\_

**A reminder I can tell myself when I'm judging harshly:**

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**Someone I trust who can help me see my blind spots with compassion:**

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## **KEY INSIGHTS TO REMEMBER**

- Judgment often says more about the judge than the judged
- The qualities that trigger us most strongly in others often reflect our own insecurities
- Self-awareness and self-acceptance reduce our need to judge others
- Everyone has parts of themselves they find difficult to accept
- Curiosity leads to understanding; judgment leads to division
- We can use our judgments as doorways to greater self-knowledge
- Compassion for ourselves naturally extends to greater compassion for others

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## **MY COMMITMENT**

I commit to using my judgments of others as opportunities for self-reflection and growth by:

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When I notice myself judging others harshly, I will practice self-compassion by:

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Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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# **What Makes Me Feel Proud of Who I Am?**

## **Discovering Your Strengths & Building Positive Identity**

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### **NEEDS PART 1: UNDERSTANDING HEALTHY PRIDE**

Healthy pride is feeling good about who you are and what you do without needing to put others down. It comes from knowing your worth and recognizing your growth.

#### **ACTIVITY 1: TYPES OF PRIDE**

There are different types of pride. Mark each example as either Healthy Pride (H) or Unhealthy Pride (U):

\_\_\_ Feeling good about working hard on something, even if the result wasn't perfect

\_\_\_ Thinking you're better than everyone else

\_\_\_ Recognizing and appreciating your personal growth

\_\_\_ Being unable to admit mistakes

\_\_\_ Celebrating your unique qualities and contributions

\_\_\_ Looking down on others who are different from you

\_\_\_ Acknowledging your accomplishments while still being humble

\_\_\_ Needing constant praise and recognition

**In your own words, what's the difference between healthy and unhealthy pride?**

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## **PART 2: DISCOVERING YOUR STRENGTHS**

Everyone has unique strengths that make them who they are. These aren't just talents, but also character traits, values, and qualities.

### **ACTIVITY 2: MY STRENGTH INVENTORY**

Check all the strengths that you have. Add others that aren't on the list:

#### **Character Strengths:**

- Kindness
- Honesty
- Courage
- Perseverance
- Creativity
- Curiosity
- Fairness
- Gratitude
- Humor
- Leadership
- Teamwork
- Wisdom
- Self-control
- Forgiveness
- Hope
- Spirituality
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

#### **Skills & Abilities:**

- Problem-solving
- Communication
- Athletic ability
- Artistic talent
- Musical talent
- Technical skills
- Cooking

- [ ] Organization
- [ ] Learning languages
- [ ] Working with animals
- [ ] Math/science skills
- [ ] Reading/writing
- [ ] Building or fixing things
- [ ] Teaching others
- [ ] Making friends
- [ ] Other: \_\_\_\_\_
- [ ] Other: \_\_\_\_\_

**Circle your top 5 strengths from both lists combined.**

**Write a specific example of how you've used each of your top 5 strengths:**

1. Strength: \_\_\_\_\_ Example:  
\_\_\_\_\_
2. Strength: \_\_\_\_\_ Example:  
\_\_\_\_\_
3. Strength: \_\_\_\_\_ Example:  
\_\_\_\_\_
4. Strength: \_\_\_\_\_ Example:  
\_\_\_\_\_
5. Strength: \_\_\_\_\_ Example:  
\_\_\_\_\_

### **PART 3: ACHIEVEMENTS THAT MATTER TO ME**

Achievements aren't just about winning competitions or getting good grades. They can be any time you've overcome a challenge, helped someone, or grown as a person.

#### **ACTIVITY 3: MY PERSONAL ACHIEVEMENTS**

List achievements you feel proud of in different areas of your life:

##### **Personal Growth:**

●

●

**Relationships:**

●

●

**School/Learning:**

●

●

**Activities/Hobbies:**

●

●

**Overcoming Challenges:**

●

●

**Helping Others:**

●

●

**Other Areas:**

●

●

**Choose one achievement you're especially proud of and describe:**

What made this achievement meaningful to you?

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What did you learn about yourself?

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How does this achievement reflect who you are as a person?

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## **PART 4: MY UNIQUE IDENTITY**

Your identity is made up of many different parts that come together to make you uniquely you.

### **ACTIVITY 4: PIECES OF ME**

Fill in the different aspects of your identity that you value and feel proud of:

**My cultural background(s):**

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**My family heritage/traditions:**

---

**Languages I speak or am learning:**

---

**My values (what's important to me):**

---

**Groups or communities I belong to:**

---

**Roles I have (friend, sibling, teammate, etc.):**

---

**My unique perspective or way of seeing things:**

---

**Personal qualities that make me "me":**

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**Draw or describe a symbol that represents an important part of your identity:**

[Space for drawing/description]

**Why did you choose this symbol? What does it represent about you?**

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## **PART 5: GROWTH AND RESILIENCE**

Being proud of who you are includes recognizing how you've grown and overcome challenges.

### **ACTIVITY 5: MY GROWTH JOURNEY**

Think about challenges you've faced and how you've grown through them:

**A challenge I've faced:**

---

**How I responded:**

---

**What I learned:**

---

**How I grew stronger:**

---

**A challenge I'm currently facing:**

---

**Strengths I can use to face this challenge:**

---

**What I hope to learn or how I hope to grow:**

---

**Create a timeline of your growth with key moments that shaped who you are:**

[Space for timeline]

**What patterns do you notice in your growth journey?**

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## **PART 6: REFLECTION FROM OTHERS**

Sometimes we see ourselves differently than others see us. Getting positive feedback can help us recognize strengths we might not see in ourselves.

### **ACTIVITY 6: MIRRORS OF STRENGTH**

Ask 3-5 people who know you well to share:

- One strength they see in you
- One thing they admire about you
- One positive contribution you make

**Record their responses here:**

Person 1:

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Person 2:

---

Person 3:

---

Person 4:

---

Person 5:

---

**What surprised you about their responses?**

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**Did they see strengths in you that you hadn't recognized?**

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**How does knowing how others see you affect how you see yourself?**

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## ⚖️ PART 7: BALANCING PRIDE AND HUMILITY

Healthy pride exists alongside humility. Both are important for a balanced view of yourself.

### ACTIVITY 7: PRIDE AND HUMILITY BALANCE

Fill in examples of how you can show both healthy pride and humility in different situations:

#### When I succeed at something:

● Pride:

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● Humility:

---

#### When someone compliments me:

● Pride:

---

● Humility:

---

#### When working in a group:

● Pride:

---

● Humility:

---

#### When I have knowledge or skills others don't:

● Pride:

---

● Humility:

---

#### When I make a mistake:

● Pride:

---

- Humility:

---

**Why is it important to have both pride and humility?**

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## **PART 8: CHALLENGING NEGATIVE THOUGHTS**

Sometimes our own negative thoughts get in the way of feeling proud of who we are.

### **ACTIVITY 8: THOUGHT TRANSFORMERS**

Practice transforming negative thoughts into more balanced, positive ones:

**Negative thought:** "I'm not good enough." **Transformed thought:**

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**Negative thought:** "My mistakes define me." **Transformed thought:**

---

**Negative thought:** "I don't have anything to be proud of." **Transformed thought:**

---

**Negative thought:** "Others are better than me at everything."  
**Transformed thought:**

---

**Negative thought:** "My differences make me weird." **Transformed thought:**

---

**Write down one negative thought you often have about yourself:**

---

**Now transform it into a more balanced, positive thought:**

---

**How would believing this new thought change how you feel about yourself?**

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## **PART 9: LIVING YOUR VALUES**

Feeling proud of who you are often comes from living according to your values—the principles and qualities that matter most to you.

### **ACTIVITY 9: VALUES IN ACTION**

From the list below, circle the 5-7 values that are most important to you:

Achievement | Adventure | Authenticity | Balance | Compassion |  
Courage | Creativity | Curiosity | Determination | Fairness | Faith |  
Family | Freedom | Friendship | Fun | Generosity | Growth | Happiness |  
Harmony | Health | Honesty | Humor | Independence | Innovation |  
Integrity | Justice | Kindness | Knowledge | Leadership | Learning |  
Love | Loyalty | Meaning | Openness | Optimism | Peace | Perseverance  
| Purpose | Respect | Responsibility | Security | Self-respect | Service |  
Spirituality | Stability | Success | Teamwork | Tradition | Trust | Wisdom

**For each of your top values, write one way you're currently living this value and one way you could express it more:**

**Value:** \_\_\_\_\_

● Currently living it by:

\_\_\_\_\_

● Could express it more by:

\_\_\_\_\_

**Value:** \_\_\_\_\_

● Currently living it by:

\_\_\_\_\_

● Could express it more by:

\_\_\_\_\_

**Value:** \_\_\_\_\_

● Currently living it by:

\_\_\_\_\_

● Could express it more by:

\_\_\_\_\_

**Value:** \_\_\_\_\_

● Currently living it by:

● Could express it more by:

**Value:** \_\_\_\_\_

● Currently living it by:

● Could express it more by:

**How does living your values connect to feeling proud of who you are?**

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## **PART 10: CELEBRATING YOUR WHOLE SELF**

Being proud of who you are means embracing all of yourself—your strengths, your growth areas, your uniqueness, and your common humanity.

### **ACTIVITY 10: MY PRIDE PORTFOLIO**

Create a collection of items that represent different aspects of yourself that make you proud:

**These could include:**

- Photos of meaningful moments
- Symbols of your culture or background
- Evidence of achievements
- Quotes that inspire you
- Letters or messages from people who care about you
- Objects that represent your values
- Examples of your talents or skills
- Reminders of challenges you've overcome

**Describe 3-5 items you would include in your Pride Portfolio:**

1. \_\_\_\_\_

2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Write a short personal statement about what makes you uniquely you and why you're proud of who you are:**

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## **PART 11: REFLECTION QUESTIONS**

1. What's the difference between feeling proud of yourself and needing to be better than others?

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2. How has your sense of pride in who you are changed over time?

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3. When do you find it easiest to feel proud of who you are? When is it hardest?

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4. How can being proud of yourself help you face challenges?

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5. How might recognizing your own worth help you treat others with more respect?

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### **This week, I commit to:**

1. Acknowledging at least one thing I'm proud of each day
2. Practicing transforming negative thoughts when I notice them
3. Expressing one of my core values through my actions
4. Accepting compliments graciously instead of dismissing them
5. Creating or adding to my Pride Portfolio

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

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### **REMEMBER**

- Healthy pride is about recognizing your worth, not comparing yourself to others
  - Your worth doesn't depend on achievements alone—it comes from who you are
  - Everyone has unique strengths and qualities to be proud of
  - Growth and resilience are as important to celebrate as natural talents
  - Balancing pride with humility creates true confidence
  - Living your values creates a natural sense of pride and purpose
  - You can be proud of who you are while still growing and improving
- 

### **BONUS CHALLENGE**

For one week, keep a "Pride Journal." Each day, write down:

1. One thing you did that day that reflects your values
2. One strength you used
3. One thing about yourself you appreciate
4. One way you're growing or learning

At the end of the week, reflect on how this practice affected how you feel about yourself.

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